

WINGSPREAD

Randolph Air Force Base ♦ Texas

60th Year ♦ No. 17 ♦ April 28, 2006

AFAF exceeds expectations

By Jennifer Valentin
Wingspread staff writer

The Randolph community provided an overwhelming response to this year's Air Force Assistance Fund "Commitment to Caring" campaign that ended April 21.

The campaign exceeded expectations with contributions of 185 percent of the goal for the annual fundraiser that gives people an opportunity to contribute to one or more of four Air Force-related charities.

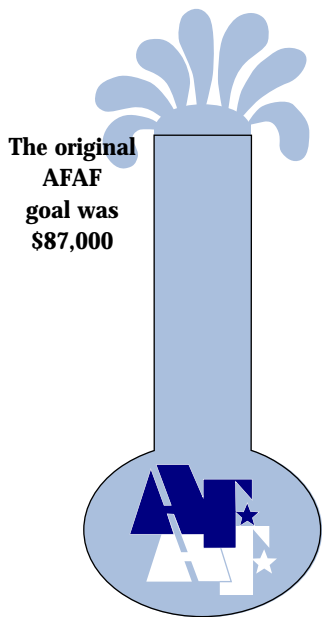
The charities, which include the Air Force Aid Society, Air Force Enlisted Villages, Air Force Village Indigent Widows' Fund in San Antonio and the General and Mrs. Curtis E. LeMay Foundation, support Air Force active duty, Reserve and Guard members, retirees, surviving spouses and families.

"To my knowledge, this year's totals are the highest in the past three years," said Capt. Pete Rakovalis, base AFAF project officer. "It just goes to show when we, as an installation, focus our efforts, we can exceed all expectations."

Each charity receives 100 percent of designated contributions.

"I am amazed at the generosity of Team Randolph," Captain Rakovalis said. "This year's campaign surpassed all of our goals."

Randolph's AFAF campaign raised more than \$160,000 or 185% of the goal



Eyes forward



Ed McDaniel (left) gets his eyes examined by Lt. Col. Steven Stanek, chief of optometry. The Randolph Optometry Clinic provides a variety of services for active duty members and other patients on base, such as comprehensive eye exams. The optometry clinic staff sees between 200-600 patients a month, depending on its staffing. The clinic is open Monday through Friday from 7:30 a.m. to 4:30 p.m. except for Wednesday when it closes at noon for training. The last Wednesday of the month the entire base clinic is closed in the afternoon for training. (Photo by Steve White)

AFPC executive director receives presidential award

By 1st Lt. Sharon Rodgers
Air Force Personnel Center
Public Affairs

The Air Force Personnel Center's executive director was honored with the rank of Meritorious Executive in the Senior Executive Service, a 2005 Presidential Rank Award, presented by Secretary of the Air Force Michael W. Wynne in a ceremony April 21 in Arlington, Va.

Rob Thomas II was recognized for his strong leadership, professionalism, ability to achieve results and a relentless commitment to excellence in public service.

"This is a very prestigious award bestowed on only the top 5 percent of the SES corps across the entire federal government," said Maj. Gen. Tony Przybyslawski, AFPC commander.

"We are proud to have one of the best of the very best here at the center."

Mr. Thomas received the award for his accomplishments as the deputy chief of Warfighting Integration and deputy chief information officer at Air Force headquarters. He is credited with leading the creation of Warfighting Integration, a \$17 billion portfolio; as well as designing SCOPE Champion, a program to put the right civilian, in the right job, at the right time.

Award winners are chosen through a rigorous selection process which includes nomination by their agency heads, evaluation by boards of private citizens, and approval by the President. The evaluation criterion focuses on the executive's leadership in producing results.

Mr. Thomas received a framed



Rob Thomas II

certificate signed by the president of the United States, a meritorious rank pin and a monetary bonus of 20 percent of his salary.

12th Flying Training Wing Training Status

Pilot Instructor Training As of Monday			Navigator, EWO Students				Wing Flying Hour Program			
			562nd FTS		563rd FTS		Aircraft	Required	Flown	Annual
Squadron	Seniors	Overall	CSO/NFO		CSO	Graduate EWO				
99th FTS	2.0	0.6					T-1A	5880.6	6107.9	10,725
558th FTS	-11.0	-2.8	USAF	291	OPS	International	T-6A	9428.6	9521.1	17,196
559th FTS	0.4	-1.3	Navy	36	Advanced EW	EW Course	T-37B	3006.4	3072.6	5,796
560th FTS	3.5	-0.6	International	3	Integration	Intro to EW	T-38C	5328.1	5401.9	9,937
			Total in Training	330			T-43	2136.7	2110.9	3,982
			Numbers reflect students currently in training. The 562nd shows source of combat systems officer students. Air Force students include Air Force Reserve and Air National Guard. The 563rd indicates students in specific courses.				The required and flown numbers reflect hours flown between Oct. 1, 2005 to date. The annual numbers are total hours for fiscal year 2006.			

AIR AND SPACE EXPEDITIONARY FORCE

As of Monday, 143 Team Randolph members are deployed in support of military operations around the globe.

Commander's Action Line

Call 652-5149 or e-mail
randolph.actionline@randolph.af.mil



While our goal is to provide the best programs, products and services to our customers, there will be instances when people believe we could have served them better. In those cases, I ask the individual to first contact the responsible organization to allow the unit commander or manager an opportunity to ensure professional and impartial treatment.

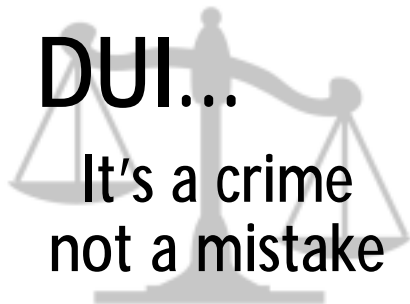
When those officials are unable to provide satisfaction, the individual may contact me through the Action Line. I will ensure each Action Line call is looked into and a reply is given by telephone or in writing. I ask callers to include their name and telephone number so we may send a personal response.

Col. Richard Clark
12th Flying Training Wing commander

Agency Contact Numbers

Base Exchange	674-8917
Civil Engineers	652-2401
Civilian Pay	652-6480
Commissary	652-5102
EEO Complaints	652-3749
Equal Opportunity	652-4376
Family Support Center	652-5321
FW&A Hotline	652-3665
Housing Maintenance	652-1856
Inspector General	652-2727
Legal Office	652-6781
Military Pay	652-1851
Randolph Clinic	652-2933
Safety Office	652-2224
Security Forces	652-5509
Services	652-5971
Sexual Assault	
Response Coordinator	652-8787
Transportation	652-4314

“PROTECT YOUR WINGMAN”



Team Randolph's
last DUI was
March 18, 2006

Set in stone?

Policies may not always go your way, people usually will

By Maj. Christopher Broman
12th Security Forces Squadron
commander

Air Force policies must serve the best interests of the Air Force, sometimes at the expense of what is in the best interest of an individual.

The good news is Air Force leaders are expected to appropriately balance mission and people needs and, in most cases, have that ability and are granted the latitude to do so.

I learned these lessons early through a personal experience I believe is worth sharing.

In 1997 as a first lieutenant, I volunteered for a one-year unaccompanied short tour to Eskan Village, Saudi Arabia. After outprocessing my base, my wife and I took a brief trip to our home state for Thanksgiving, then looked forward to quietly spending our last days together prior to my remote.

I did not relish the upcoming separation from my wife, but things were looking very good for us. I was excited about the assignment, anxious to start the 365-day countdown to a reunion and an even better follow-on assignment.

However, tragedy struck. We came home from a friend's house to a telephone call and the news that my wife's mother had been murdered.

Over the next several days, my chain of command immediately sought a 30-day extension to my report date. This bought some time to take care of



immediate needs, but the prospect of leaving my wife to deal with her loss alone over the next year seemed unreasonable.

Besides the grieving process, she was also responsible for tasks like selling her mother's house and closing her estate. The difficulties of those tasks were compounded by the circumstances surrounding her death and the logistics of living 1,000 miles away.

I asked to be excused from the remote assignment, but, according to Air Force policy, my situation did not fit the criteria for humanitarian reassignment. I did not like this crash course in service before self, but knew we had to use the short time I had to reprepare ourselves for this remote.

Just as I convinced myself the Air Force did not care about its people, I received a call from a lieutenant colonel who was the senior ranking security forces officer on the base. He had heard about my situation and wanted to help. He knew another qualified lieutenant who was looking for an assignment like the one from which I wanted to be relieved.

The lieutenant colonel worked with the AFPC assignments officer to have

“In my family's time of crisis, the policy on humanitarian reassignments did not go my way, but Air Force people took over where policy left off.”

the interested lieutenant take the assignment to Saudi Arabia, then arranged for me to PCS to a base with an officer vacancy within a one-day drive from our hometown. In the course of a day, I went from believing the Air Force did not care about people to having a half dozen people helping my family and still taking care of Air Force mission needs.

In my family's time of crisis, the policy on humanitarian reassignments did not go my way, but Air Force people took over where policy left off. An Air Force leader intervened and found another way in the system to help my family and still meet mission needs.

I concede these situations will not always yield favorable outcomes for everyone like they did in my case. I had some luck on my side, a qualified officer and wingman who volunteered to take my assignment, plus a base closer to my hometown had an opening.

However, I would have never had a chance if not for an Air Force leader who took an interest.

WINGSPREAD

12th Flying Training Wing

Editorial Staff

Col. Richard Clark
Commander

Maj. Paul Villagran

Chief of Public Affairs

Staff Sgt. Lindsey Maurice

Editor

Staff Sgt. Beth Del Vecchio

Staff Writer

Prime Time Military Newspaper

Contract Staff

Jennifer Valentin

Bob Hieronymus

Staff Writers

Maggie Armstrong

Graphic Designer

Wingspread office:

1 Washington Circle, Suite 4

Randolph AFB, Texas 78150

Phone: (210) 652-5760

Fax: (210) 652-5412

Wingspread Advertisements:

Prime Time Military Newspapers

7137 Military Drive West

San Antonio, Texas 78227

Phone: (210) 675-4500

Fax: (210) 675-4577

Wingspread online:

www.randolph.af.mil/12ftw/wing/pa/wingspread.htm

This paper is published by Prime Time Military Newspapers, a private firm in no way connected with the U.S. Air Force, under exclusive written contract with Randolph AFB, Texas. This commercial enterprise Air Force newspaper is an authorized publication for members of the U.S. military services. Contents of the Wingspread are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or the Department of the Air Force.

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, the Department of the Air Force, or Prime Time Military Newspapers of the products or services advertised.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to the race, color, religion, sex, national origin, age, marital status, physical or mental handicap, political affiliation, or any other non-merit factor of the purchaser, user, or patron.

Editorial content is edited, prepared and provided by the Public Affairs Division of the 12th Flying Training Wing in accordance with local policy and style guidance. All photos, unless otherwise indicated, are U.S. Air Force photos.

Articles for the newspaper should be submitted by noon Thursday the week prior to the desired publication date. Items can be dropped off on a PC- or Macintosh-formatted disk at the Wingspread office in room 110 of Building 100.

Articles may also be sent by e-mail to wingspread@randolph.af.mil or by fax at 652-5412.

For more information about submissions, call 652-5760.

Congratulations Retirees

Today

Chief Master Sgt. Bruce Hoppes
Air Education and Training Command

Today

Master Sgt. Shaun White
19th Air Force

Today

Charles Zweifel
Air Force Services Agency

Monday

Master Sgt. Deanna Adams
12th Medical Group

Tuesday

Lt. Col. Anita Springer
AETC

Tuesday

Lt. Col. Tim Springer
Human Systems Group

Retirement announcements should be submitted to the Wingspread office by noon Friday two weeks prior to the desired date of publication. E-mail announcements to randolph.retiree.messages@randolph.af.mil or fax them to 652-5412. For more information, call the Wingspread office at 652-5760.

Pursuit of knowledge begins with CCAF

By Chief Master Sgt. Kevin Ludwig
8th Fighter Wing command chief

KUNSAN AIR BASE, South Korea (AFPN) – Have you ever heard the motto “the foundation of liberty is knowledge?” I hope you have, for this is the motto of the Community College of the Air Force, or CCAF.

Truer words were never spoken. Our pursuit of knowledge – along with life and work experiences – provides all that’s necessary for us to unleash our talent, better develop our Airmen, execute our missions, command the future and ensure all are safe in doing so. Your pursuit of knowledge needs to start with earning a CCAF degree.

As early as 1972, our Air Force leaders envisioned that Air Force enlisted Airmen would need improved educational programs to meet technological and leadership challenges. The result of this vision enabled CCAF to provide educational opportunities for us to combine technical training with general education course work from civilian-accredited colleges.

CCAF offers 66 degree programs in five general areas and has conferred more than 258,000 associate in applied science degrees. CCAF is the largest community college in the world and is the only community college in the Department of Defense.

Why a CCAF degree? Many of us came into the Air Force because we wanted to do something better with our lives as we serve our country. A CCAF degree enables you to do just that. A CCAF degree has value -- value for you and our Air Force.

CCAF allows us an opportunity to pursue our educational goals at the same time we serve. Our Air Force has long recognized the value of the enlisted Airmen, while also recognizing the growing and more demanding technical, managerial and leadership challenges we face with every mission.

So, what can be better than CCAF? It links Air

“Starting to feel like you’re missing something if you are not enrolled in CCAF? You are! You are limiting our Air Force capabilities and more importantly, you are limiting yourself.”

Force technical training and expertise with collegiate general education requirements. The result: a nationally recognized education program that formally prepares you for career and life.

What will happen if you don’t have a CCAF degree? Nothing. And I do mean nothing!

More than 82 percent of eligible regular Air Force enlisted Airmen are enrolled in CCAF. The Air National Guard nears 93 percent enrollment and Air Force Reserve Command has 88 percent.

Starting to feel like you’re missing something if you are not enrolled in CCAF? You are! You are limiting our Air Force capabilities and more importantly, you are limiting yourself.

You can probably list pages of excuses as to why you haven’t enrolled in or completed your CCAF degree. Excuses don’t get the job done and tend to multiply the longer you delay. The time you invest in a CCAF education is an investment in yourself, your future and even your family.

So, how do you start this investment ... this educational journey? Put down the remote and check out the CCAF on-line catalog and call the base education office.

You’ve got to want to complete your education. I believe a CCAF education directly correlates to leadership and better-prepared leaders.

I encourage our senior enlisted leaders to challenge our young enlisted Airmen to have their CCAF degree complete by the end of their first enlistment, encourage our junior noncommissioned officers to complete within the next year, and for senior NCOs ... there is just no excuse not to have your CCAF.

Our Air Force promotes individuals with the potential to succeed at the next higher grade, so leave no doubt about your potential by having your CCAF degree complete.

Also, please don’t spread the “notions” among our enlisted Airmen that, “We’re not officers and don’t need a degree to get promoted” or “I didn’t need a degree to enlist.” Usually I hear this from those who just don’t want to take the time to improve and educate themselves.

Agreed, there is no degree requirement to enlist in our Air Force. However, all things being equal between two enlisted members, I’ll recommend the enlisted Airmen with their CCAF degree every time. Why? I know they are better prepared, more technically competent and have improved problem-solving skills.

Still wondering about the CCAF value for you and our Air Force? For you: better self-esteem, improved job performance, an achieved personal goal, basis for your academic future and credibility in the civilian job market. For our Air Force: a better leader, a more critical thinker and analyst and robust competence. Not only did you enhance your competence but you’ll enhance the competence of your fellow enlisted members for now you have the “smarts” to better prepare them for task and mission.

We live in a fast-paced and evolving society along with the increasing demands of our profession of arms. The secret to your success and ultimately the success of our Air Force is an education – and a CCAF education!

NEWS

Diggin’ it



Randolph Youth Center children help (right in photo) Texas Forester Mark Peterson, Col. Joseph Schwarz, 12th Mission Support Group commander, and Col. Sally Macon, Air Education and Training Command environmental chief, plant a tree in celebration of Earth Day April 21 outside the youth center. Earth Day is observed annually on April 22. Other base events were scheduled, including an Earth Day coloring contest and booths set up at the BXtra with information about Earth Day. (Photo by Steve White)

ASIST program offers suicide intervention training

By Jennifer Valentin
Wingspread staff writer

In 2005, 31 Air Force members committed suicide, including seven at Air Education and Training Command installations. In the same year, there were 275 suicide attempts made by active duty members in the Air Force, 48 of them at AETC installations.

So far this year, 11 Air Force members committed suicide and three of those have been at AETC bases.

With these statistics in mind, the Integrated Delivery System Committee is offering its quarterly two-day Applied Suicide Intervention Skills Training workshop May 18-19 from 8:30 a.m. to 4:30 p.m. at the chapel center.

The workshop is designed to teach supervisors how to identify people at risk of suicide and how to prevent them from doing something to harm themselves.

“The ASIST program trains individuals on how to intervene with someone who might be contemplating suicide and thus decrease the risk of a person taking their own life,” said Chris Morrow, IDS committee member.

Often people who consider suicide feel isolated from others, so having someone they can talk to is very important, she said.

“Being able to share the problems with someone else decreases the stress and can help them see there are other options besides suicide,” Ms. Morrow said. “The best way to prevent suicide is

by stepping in when your co-worker needs help and not ignoring the warning signs that could lead to suicide.”

ASIST focuses on working in small groups. The emphasis is to learn how to reach out, offer support and help a person who is at risk for suicide stay safe and seek further help before it is too late, Ms. Morrow said.

Of the 31 deaths in 2005, 58 percent were unmarried, either single, separated or divorced, 39 percent were between ages 17–24, 39 percent were between ages 25–34, 53 percent involved alcohol and 16 percent were deployed within a year before the suicide took place.

To sign up, call Pat Aguon at 652-1706 or e-mail pat.aguon@randolph.af.mil.



CSOs graduate today

Seventeen Air Force lieutenants and three Navy ensigns receive their navigator and naval flight officer wings during a Combat Systems Officer class graduation today. The ceremony takes place at 10 a.m. in the officers' club. Col. William Watkins, 12th Flying Training Wing vice commander, will present the graduates with their service's silver or gold wings and four awards for student achievement. The graduation speaker for the event is Col. Mariano Campos Jr., chief of plans and resources at Air Force Recruiting Service. In that

capacity, he is responsible for personnel, logistics, plans and programs for all Air Force recruiting programs nationwide. Colonel Campos began his Air Force career as a B-52H electronic warfare officer in the 7th Bomb Wing at Carswell Air Force Base, Texas. He then completed Air Training Command's Instructor Training School, followed by an assignment to Mather AFB, Calif., where he served as an instructor navigator, instructor electronic warfare officer, flight commander and squadron executive officer.

He went on to serve as a B-1B instructor and defensive systems officer in the 319th Bomb Wing at Grand Forks AFB, N.D. From there he came to Randolph and served as a command flight examiner. After some professional military education on each end of a tour of duty at United States Strategic Command, Colonel Campos took command of the 342nd Recruiting Squadron in Minneapolis. He was later assigned as deputy commander of the 367th Recruiting Group at Robins AFB, Ga., before his current assignment here.

Retraining eligible Airmen must comply soon

To meet the Fiscal 2006 NCO Retraining Program objectives for 30 undermanned Air Force Specialty Codes, Airmen identified as retraining eligible must complete their retraining packages by May 15. Nearly 1,100 Airmen who have not completed their administrative requirements face separation if they fail to comply with this Air Force policy. "It's critical the Air Force balances the enlisted corps across all Air Force specialties to meet its mission requirements," said Maj. Gen. Tony Przybyslawski, Air Force Personnel Center commander. "The NCO Retraining Program is a vital tool to ensure the Air Force has experienced NCOs serving in all career fields." Airmen who decline retraining must separate on their current date of separation or when their term of service expires. They are ineligible for promotion, voluntary

assignment consideration and reenlistment or extensions for the remainder of their enlistment. Declination may preclude Airmen from enlisting in another service branch or into the Air Force Reserve or Air National Guard. In addition, the Air Force will not score promotion tests for Airmen who tested as of May 15 and declined retraining. The two-phased Fiscal 2006 NCORP is a multi-purpose program designed to rebalance the enlisted force by moving NCOs from career fields with overages to those skills experiencing manpower shortages. It included a voluntary retraining phase that ended in October and an involuntary phase which began Nov. 30 and is still in effect. To date, the Air Force has only retrained 442 Airmen toward the Air Staff goal of 1,069. For more information, call 652-3054. (Courtesy of Air Force Personnel Center)

NEWS BRIEFS

Housing office closure
The Randolph housing office is closed today from 11 a.m. to 1 p.m. for an official function.

Blood drive
The Armed Services Blood Program holds a blood drive May 5 from 10 a.m. to 2 p.m. in the first floor conference room of the Air Force Personnel Center. While all blood types are welcomed, officials said there is a special need for O-negative and all AB blood types.

New medication refill process
The Randolph Family Care Clinic can no longer provide medication refills via the nurse telephone line. Medication refills can still be obtained by completing a request form at the family care clinic check-in window. All requests received by 11 a.m. are reviewed and processed the same day.

Base clinic closure
The 12th Medical Group will be closed May 17 from noon to 4:30 p.m. for training.

Youth selected for camps
Three Randolph Youth Center members were selected to attend a performing arts camp in Montana in July. The selectees are Victoria Hoppes, Cassie Dodgen and Ashley Hill.

Three other members were selected to attend the Teen Aviation Camp in Colorado in June. They are Austin Gindhart, Cole Gindhart and John Rush. All of the selectees had to apply and interview for the camps through the youth center. The applications were then forwarded to Air Force Services Agency headquarters, which made the final selections.

Static display for Command Day
The 562nd and 563rd Flying Training Squadrons host their semi-annual Command Day May 5. Activities include a static display of various aircraft to which graduates of the Combat Systems Officer course will be assigned. The aircraft on the south ramp are open to the base community from 3-4:30 p.m.

Osteoporosis treatment offered
The Wilford Hall Medical Center Interventional Radiology Department is offering treatment to patients suffering from spinal fractures caused by osteoporosis.

Osteoporosis often causes painful, debilitating fractures that, if left untreated, can lead to more spinal fractures, creating excessive curvature of the spine, said study officials. Balloon kyphoplasty helps to repair the fractures and correct deformity, resulting in significant reduction in pain, increased mobility and improved quality of life. To schedule an appointment, call 292-7839.

'Shaving bumps' study
Wilford Hall Medical Center is looking for volunteers to participate in a clinical research study to determine a safe and effective topical treatment for Pseudo-folliculitis Barbae of the Beard. PFB, or "shaving bumps," is a common condition in men who shave frequently. Participants will make seven outpatient visits to the WHMC Dermatology Clinic over a nine-week period. Men interested in applying should call Rosemary Wells at 292-0329.

Solemn remembrance



Tech. Sgt. Candace Escobedo, Air Force Recruiting Service, lights symbolic candles as Capt. Jian Pena, 99th Flying Training Squadron, narrates during the Randolph Holocaust Remembrance Ceremony Tuesday at Chapel 2. The ceremony marked the base's annual observance of the Holocaust in which 11 million people died. (Photo by Steve White)

Base celebrates Asian-Pacific American Heritage Month

By Jennifer Valentin
Wingspread staff writer

Randolph joins the nation in celebrating Asian-Pacific American Heritage Month during May.

People are invited to attend several special events throughout the month, which pay tribute to the unique Asian and Pacific Islander cultures.

"We encourage everyone on base to come out and celebrate, no matter what their heritage is," said Maj. Tonney Kaw-uh, events chairman. "It's a great way to experience a new culture and have some fun at the same time."

This year's celebration kicks off with a food sampling Tuesday at 11:30 a.m. at the base chapel center. A variety of ethnic foods will be served including Chinese, Korean and Filipino foods. During the event, participants can also learn the art of Japanese letter writing, origami and paint brushing.



CELEBRATING ASIAN-PACIFIC AMERICAN HERITAGE MONTH

2 0 0 6

Other events include a children's poster contest May 15-18. The contest is open to children of Randolph government cardholders in first through eighth grade whether they attend school on or off base. Completed posters can be dropped off at the library. Prizes are awarded to the winners.

For people interested in learning more about the Asian culture and getting in shape at the same time, there is a five-kilometer fun run and one-mile trivia walk offered May 19 at 7:30 a.m. at Eberle Park. Prizes are awarded to the person who answers the most trivia questions correctly, and to the male and female participants who complete the event in first, second and third place, said event officials.

The Randolph celebration wraps up with a Hawaiian Luau May 24 from 11 a.m. to 1 p.m. at Eberle Park. The cost is \$10 for each plate of food.

"Asian Pacific Islander American Heritage Month is important on an individual and cultural basis, but it's also important to the country," Major Kaw-uh said. "This observance allows us to showcase our rich backgrounds with others."

For more information on the event, or for ticket information, call Major Kaw-uh at 652-6591.

New DRMO procedures affect Randolph

By Bob Hieronymus
Wingspread staff writer

New procedures are in place for people who want to turn in excess government property to the local Defense Reutilization and Marketing Office.

Although the function will remain, the Fort Sam Houston DRMO has closed its warehouse doors and no longer physically receives property, said Jenny Prewitt, area manager for the Defense Reutilization and Marketing Service.

In the past when Randolph units had excess, outmoded or broken furniture or equipment, the equipment turn-in office in Building 229 would collect the unwanted items, process the organization's paperwork and transport

the goods to the DRMO facility at Fort Sam Houston. The goods were then made available to other government agencies or processed as scrap.

That system changed March 31, according to DRMO officials.

"Organizations now deal directly with the DRMS representatives operating out of Fort Sam Houston," said Fred Sanchez, chief of the 12th Logistics Readiness Division Materiel Management Flight. "The DRMS representatives will visit the generating unit within seven days of a request for disposal to determine appropriate disposal methods."

The units themselves are then responsible for preparing some of the goods for transport and holding them until the DRMO equipment turn-in

element can pick them up, Mr. Sanchez said.

The 12th LRD is responsible for transporting only those goods initially received through base supply channels to DRMO.

The biggest difference in the turn-in of items is that reutilization processing must now be done on the Web and that a disposal service representative will visit work centers before people transfer their property to the DRMO.

"Because we don't have sufficient storage space here, the 200 or so property custodians on Randolph will have to keep the goods until they're moved off base, but we can help with locating the necessary packing and palletizing materials," Mr. Sanchez said.

Once the disposal service

representative at Fort Sam Houston receives the goods, they are delivered to the designated DRMO full-service hub for the area in Texarkana, Texas.

Information about equipment available for reuse can be found at www.drms.dla.mil/rtd03/index.html.

People looking for items in DRMO can match their want list against both pre-receipt notices and full service hub lists and then place their order via the Internet.

Procedures for hazardous materials, waste and scrap items have not changed, Mr. Sanchez said. He added computers and electronic equipment are still handled by the 12th Communications Squadron.

For more information, call Mr. Sanchez at 652-6189.

Zweifel Tower

Advances in technology highlight 46-year career

By Bob Hieronymus
Wingspread staff writer

He’s spent almost 46 years of combined Air Force and federal service with 40 of those years here. “That has to be close to a record,” said Charles “Zeke” Zweifel. “If I had the choice, I’d do it all again. I really enjoyed my years working with the Air Force.” From the time he enlisted in February 1960, Mr. Zweifel has worked with or around computers. His first assignment after technical school at Sheppard Air Force Base, Texas, was as a punched card accounting machine operator at Elmendorf AFB, Alaska. “That kind of equipment doesn’t even exist any more,” he said with a grin. Today he is the information technology resource manager at the Air Force Services Agency, one of the base’s mission partners physically located off base in San Antonio. In this position he is responsible for the full inventory of computers and computer-related equipment at several agency locations. “We can depend on Zeke to know where everything is,” said Col. Herman Jett, director of the Management Systems Directorate. “He is one of those go-to people who doesn’t mind getting his hands dirty to get the job done. And he always seems to be able to smile while he does it. He’s a real inspiration to the whole agency.” Mr. Zweifel grew up in a military family. His father was a career Navy man who retired in Long Beach, Calif., which is where Zeke was living when he enlisted. “Going from warm, southern California to wintry



With 46 years of experience in all phases of Air Force computer operations, Charles Zweifel, Headquarters Air Force Services Agency, is the person people call when they have questions about computers. (Photo by Bob Hieronymus)

Alaska was a real eye-opening experience for me,” he said. By the time he retired as a master sergeant at Randolph in 1982, he had worked through many of the career changes that go with computers. After working PCAM, he became a programmer, then a systems analyst, an equipment analyst, and finally an equipment control officer. He worked in the Air Force Military Personnel Center and was there when it transitioned to the Air Force Personnel Center. He also worked at Air Training

“The Air Force has been good for me. I’d recommend it to any young person. It’s the best training ground for them to discover themselves and grow up.”

Charles Zweifel

Command headquarters and the Air Force Manpower Engineering Agency. After a three-month break following his retirement, he was hired for a position in the Morale, Welfare and Recreation division of AFPC, which later became the Air Force Services Agency, where he has worked since. He said he intends to spend a lot more time on the golf course after he retires. “This will also give me a chance to set up a full model train layout,” he said. “I’ve got about two dozen N-gauge engines and about 60 pieces of rolling stock all waiting to find a place in a layout. I can hardly wait to get started.” This summer he and his wife are also planning a trip to Alaska to visit his son. “The Air Force has been good for me,” he said. “I’d recommend it to any young person. It’s the best training ground for them to discover themselves and grow up.”

A black and white line drawing of a tow truck with its boom extended, lifting a sedan. The tow truck is a heavy-duty vehicle with a crane-like arm. The sedan is being hoisted by a cable. The scene is shown from a side-rear perspective.

Accident Procedures for Government Vehicles

The 12th Logistics Readiness Division reminds drivers of government vehicles that there are two types of government vehicles and two different ways of handling accident situations. In every case, first priority is the care of injured people and to contact police.

Air Force-owned vehicles (license plates look like 05BXXXX)

- Wrecker service: 12 MSG/LGRVO, 652-3477
- Damage repair: 12 MSG/LGRVM, 652-8276
- Accident documentation: 12 MSG/LGRVM, 652-2020

General Service Agency-leased vehicles (license plates look like G41-XXXXX)

- Wrecker service and repairs: GSA Accident Control Center, 1-800-325-2958; number also on back of the Voyager Credit Card in vehicle binder
- Accident documentation: 12 MSG/LGRVM, 652-2020

SPORTS and FITNESS

Exercise improves mental health

By Jennifer Valentin
Wingspread staff writer

When you’re feeling down and don’t seem to have a lot of energy, the fitness center recommends exercising to help lift your spirits and get your mind back on track. “Exercising provides energy and stimulates brain-wave activity,” said Ken O’Neal, base fitness director. “When a person feels tired or worn out, exercising can help relax and rejuvenate their mind.” When people are having trouble with a task, they would be surprised how a short workout can wake up their mind and get it going, Mr. O’Neal said. That’s the reason people shouldn’t exercise within two hours of bedtime, since exercise stimulates the brain and prevents the natural

relaxation that leads to sleep. “Exercise can also decrease stress,” he added. “When you want to cry or scream, taking a walk can help the stress escape. Any kind of physical activity can help relieve the negative feelings.” Exercise can also help eliminate depression. “Sadness, like stress, can take over your life if it’s not taken care of,” Mr. O’Neal said. “Moderate exercise releases serotonin, a well-being hormone that goes through your system. Even a change of scenery can elevate your mood.” According to the American Psychological Association, exercise can be a beneficial antidepressant, working both immediately and over a long period of time. Walking and jogging were the most

frequent types of exercise people used to feel better, according to the APA. However, there is no one type of exercise that helps everyone. Some people can try yoga, swimming or weight lifting to help their mood. Exercise should be started gradually, and people should set goals for themselves while experimenting with different types of workouts. According to the APA, people should pay attention to which exercises help their moods the best. Exercise can also help control anger, Mr. O’Neal said. “Several minutes of vigorous activity, such as weight lifting or a cardio workout, can help,” he said. “Just leaving the tense environment can make people feel better.” For more information, visit [www.-psychologymatters.org](http://www-psychologymatters.org).

Fit to Fight

A simple line drawing of a hand holding a rolled-up document or scroll. The hand is shown from the side, with the thumb and fingers gripping the scroll. The scroll is tied with a ribbon.

The "Fit to Fight" column recognizes Team Randolph members who achieve an "excellent" rating on the Air Force Fitness Test.

12th Mission Support Squadron

Paul Graham
Beth Hart
Alan Lackey
Richard Langlois
Kristy Leasman
Todd McGinnis
Angelo Mitchell



Intramural Volleyball Standings

as of Wednesday

TEAM	RECORD
AETC/A2	5-0
AFPC	4-0
12 OSS	3-2
12 MSS	3-2
12 CS/NAV	3-2
AETC SAS	1-4
AETC/SG	0-4
12 MDG	0-5



Intramural Bowling Standings

as of Monday

Team	W	L
AFPC	148	84
AETC/CSS	136	96
SVS	134	98
AFSVA	132	100
RATS	131	101
AETC/LG	130	102
AMO	126	106
JPPSO	122	110
AETC/FM	120	112
AFPOA	120	112
CS	120	112
AFMA	119	113
DFAS	118	114
OSS	118	114
SFS	109	123
AFPC/DFSG	98	134
AFSAT	97	135
CPTS	86	146
MED GP	78	154
340 FTG	70	162

TEAM SCRATCH SERIES

Team	Score
AETC/CSS	2978
AFPC	2947
SVS	2778

TEAM HANDICAP SERIES

AETC/CSS	3236
AFSAT	3230
AETC/LG	3154

MSS sweeps AETC/SAS

By Staff Sgt. Lindsey Maurice
Wingspread editor

The 12th Mission Support Squadron swept the Air Education and Training Command Security Assistance Squadron 25-15, 25-20 in an intramural volleyball match Tuesday.

Leading players in points were MSS' Clay Corlew and AETC's Bud Giegler with eight kills apiece.

"Our setters did really good today and Clay made his presence known on the frontline," said MSS coach Mark McKibben. "AETC put up a good effort but we just really came together as a team and earned the win."

MSS's Terri Wilbeck got her team off to an early lead with a four-point scoring run on top of kills from teammates Corlew and Elaine Morris.

AETC answered back with three points of its own, but then struggled on the front line – a weakness MSS quickly took advantage of by going on a 13-2 scoring run.

AETC gained a little momentum late in the game finding a few openings in the mid-court to tap in for some points. But the effort was cut short as MSS crushed in a few more spikes.

A rejuvenated AETC hit the court in game two as Giegler pounded a hard serve into MSS' back right court for the first four points of the game.

Corlew found a sweet spot in AETC's back right corner as he slammed in five spikes throughout the game. A few other spike attempts into the net proved costly on both sides of the court.

MSS closed out the game with a 6-point scoring run with points from McKibben, Mary-Ellen Warriner and Morris.



Terri Wilbeck and Blaze Cui, 12th Mission Support Squadron, jump to block a shot by Air Education and Training Command Security Assistance Squadron's Caleb Earnest during an intramural volleyball match Tuesday. (Photo by Melissa Peterson)

SPORTS BRIEFS

Family golf special

The Randolph Oaks Golf Course offers a family golf special Monday through Friday at 6:30 p.m., with the exception of holidays. The cost is \$2 for children ages 6-17 and \$3 for adults.

Adults must be accompanied by a child to take advantage of this rate.

Charity event

The 4th Annual Dennis Quaid Charity Weekend takes place Thursday through May 7 in Austin to benefit local children's charities. Military members and their families get into the event for free.

Events include golf and poker tournaments. A variety of movie celebrities, television stars, comedians and musicians will be in attendance.

For more information and directions, visit www.quaidcharityweekend.com.

"Run 4 Your Life" event

The fitness center hosts a "Run 4 Your Life" 5-kilometer run and walk May 11 at 7 a.m. at Eberle Park. Fitness center events are open to all Department of Defense ID cardholders, unless otherwise specified.

For more information, call 652-2955.

Relay for Life

The Greater Randolph Area Relay for Life, an American Cancer Society sponsored fundraising event, takes place May 12 starting at 7 p.m. through May 13 at 7 a.m. in Pickerell Park in Schertz. Teams of 10 walkers and runners are

being recruited, and cancer survivors are encouraged to come be part of a team.

For more information, call Master Sgt. Stephen Ivey at 652-3396 or Charlotte Terry at 659-1325.

USAF Marathon

The annual U.S. Air Force Marathon takes place Sept. 16 at Wright-Patterson Air Force Base, Ohio.

This year's event includes a two-day sports and fitness exposition, a gourmet pasta dinner, race day, awards ceremony and a post race festival.

World-renowned long distance runners Bill Rodgers and Alberto Salazar will conduct clinics and speak at the dinner.

For details, e-mail Rachel Castle at Rachel.castle@wpafb.af.mil.

RHS track teams advance to regionals

By Jennifer Valentin
Wingspread staff writer

The Randolph High School boys' and girls' track teams placed in the 2006 District 27-2A Championships held April 11-13 in Blanco in the district meet to advance to the regional meet.

"Both teams performed exceptionally well," said Misty Kinsey, girls track coach. "We are proud of their hard work."

Regional qualifiers are any athlete who places first, second or third in their event.

"This is the first time since 2002 that both the girls and boys teams have won the district meet," Ms. Kinsey said. "However, this is the fifth year in a row that the boys team has won the district title."

The Region IV 2A meet takes place today and Saturday in San Marcos. Athletes who qualify will advance to the Texas High School State Track and Field meet.

Results from the district meet are as follows:

Boys

Shot Put: Kyle Kuhl (2nd), Michael Martin (3rd)
Long Jump: Sean Applewhite (1st) Will Kent (3rd)
High Jump: Sean Applewhite (1st)



Track coach Misty Kinsey helps Jenovia Morrison work on her starting block form Monday. (Photo by Rich McFadden)

Triple Jump: Will Kent (1st)
Pole Vault: Kyle Putnam (1st)
100m: Zach Collins (1st)
200m: Zach Collins (2nd)
400m: Sean Applewhite (1st), Randy Mitchell (2nd)
800m: Benjamin Ortiz (2nd)

1600m: Adam Cribb (2nd)
3200m: Adam Cribb (1st)
400m relay: Randy Mitchell, Sean Applewhite, Nick Carraway and Zach Collins (1st)
800m relay: Jeremy Parrish, Jake Owen, C Stoker, Nick Carraway (2nd)
1600m relay: Randy Mitchell, Nick Carraway, Jake Owen, Sean Applewhite (1st)

Girls

Shot Put: JaMonyca Wilson (1st)
Discus: Audrey Corte (2nd)
100m: Caitlin Carter (3rd)
200m: Jayla McArthur (1st), Mariah Harris (2nd)
400m: Jenovia Morrison (1st)
800m: Tamoya Morrison (1st place), Jenada Morrison (2nd place)
100m hurdles: Jasmine Kent (1st), Leah Solomon (3rd)
300m hurdles: Leah Solomon (1st)
400m relay: Jenovia Morrison, Mariah Harris, Jasmine Kent, and Leah Solomon (2nd)
800m relay: Mariah Harris, Jenada Morrison, Tamoya Morrison, and Jayla McArthur (1st)
1600m relay: Tamoya Morrison, Jenada Morrison, Jenovia Morrison, and Jayla McArthur (1st)



Tech. Sgt. Jenny Ruiz, enlisted aide to AETC Commander Gen. William Looney III, dusts the fireplace mantel in the general's historical 1930's house.

Enlisted Aides

Helping top generals with everyday tasks

By Staff Sgt. Lindsey Maurice
Wingspread editor

Usually when people hear the words “enlisted aide” they automatically think of a maid, cook or butler.

An Air Force enlisted aide is none of the above. Include the tasks of administrative duties, culinary skills, property and grounds maintenance, maintaining a properly run house, entertainment, uniform care, official guest care, security and supporting a general on temporary duty and a person might begin to see the big picture.

“It’s not just polishing boots and sweeping floors. There’s so much more to it than that. It’s like combining the tasks of a chef, personal assistant and household manager all in

one,” said Tech. Sgt. Jenny Ruiz, who with Master Sgt. Roy Bowser serve as enlisted aides for Air Education and Training Command Commander Gen. William Looney III.

Air Force enlisted aide duty is an all-volunteer special duty open to most second-term and career Airmen looking for a unique and challenging opportunity, Sergeant Ruiz said. During the tenure, enlisted aides can expect to earn civilian recognized training certifications in household management and culinary arts.

“The position of enlisted aide is very important,” said General Looney. “They not only alleviate the demands that would otherwise be placed on the general officer as far as maintaining the household, but they are crucial to community outreach through social engagements. With the assistance of Sergeant Bowser and Sergeant Ruiz I can focus on the responsibilities that come with my position.”

All four-star general officers are authorized two enlisted aides and three-star generals one. General officers serving in special command positions such as the Chief of Staff of the Air Force are authorized up to four enlisted aides. In addition, there are some one-and two-star generals who are authorized an aide based on their position such as numbered Air Force commanders, according to the enlisted aide Web site.

As General Looney’s aides, Sergeant Bowser and Sergeant Ruiz handle everything from the upkeep of the four-star’s historical 1930’s house to maintaining his uniforms, catering official dinner parties and handling administrative work.

While even the smallest tasks such as cleaning may sound simple, factor in the general’s residence is 6,000 square feet with 18 rooms, and a person can understand just how much the job entails.

“A dinner party in itself takes a lot of time and planning to make it a success,” said Sergeant Bowser. “Once we find out who is coming we research recipes and test them out. Then we plan the menu for a five-course gourmet meal, do the shopping, set up the formal dining room, cook, and serve the guests with the help of protocol and wait staff. It isn’t something to be taken lightly.”

General Looney’s wife, Marilyn, said she couldn’t be happier with Sergeant Bowser and Sergeant Ruiz’s work.



Tech. Sgt. Michelle Santiago, enlisted aide to 19th Air Force Commander Maj. Gen. Marc Rogers, irons one of the general's shirts.



Master Sgt. Roy Bowser, enlisted aide to Air Education and Training Command Commander Gen. William Looney III, stalk of celery in the general's kitchen. (Photos by Lindsey Maurice)

“I’m just so impressed with the work they do,” said General Looney’s wife, Marilyn. “As busy as my husband and I are there’s no way we could do what Roy and Jenny do on top of that. They’re really remarkable.”

While some aides may work for a variety of generals for just a few years, some remain with the same one for a long time. Sergeant Bowser has been General Looney’s aide for six years and has accompanied him on four assignments.

“It’s been great working with Sergeant Bowser,” said General Looney. “Not only has he been extraordinary at managing the household and whatever other tasks I’ve faced with, but he has taught my wife and me so much about the enlisted corps.”

One of the newest members to the enlisted aide field is Tech. Sgt. Michelle Santiago, enlisted aide to Air Force Commander Maj. Gen. Marc Rogers. Sergeant Santiago has been assisting General Rogers for almost three months.

“I got into the field because I was looking for a challenge to challenge myself,” she said. “So far, I’ve really enjoyed all aspects of the job. The dinner parties can be nerve-racking sometimes, but I’m getting the hang of it. Being an enlisted aide is very fulfilling, but you have to have the desire to do it and the willingness to learn new things.”



Education and Training Command Commander Gen. William Looney III, dices a vegetable (Staff Sgt. Lindsey Maurice)

she said. "An enlisted aide for a long time, he is much more than just a general's aide. The former training instructor said that being a general's aide requires certain qualities. "An enlisted aide has to have initiative," she said. "You have to have good time management skills, be flexible and always take pride in what you do. You have to give 100 percent all the time." Staff Sgt. Carlton Pugh, enlisted aide to AETC Vice Commander Lt. Gen. Dennis Larsen, said anyone who has an interest in becoming an enlisted aide should definitely pursue it. "You can learn so much in this field," he said. "Every day's an adventure." "And the opportunities are endless," added Sergeant Bowser. "The people you meet, the places you see and the training you receive are all amazing." Sergeant Ruiz said applying to become an enlisted aide is the best career decision she ever made. "This is by far the most rewarding job I've ever had in my life," she said. "Not a day goes by where I don't go home with a sense of satisfaction." For more information on the enlisted aide career field and how to apply, visit the Senior Leader Management Web site at <https://www.afsl.hq.af.mil/dpg/enlaide/index.htm>.



Staff Sgt. Carlton Pugh, enlisted aide to AETC Vice Commander Lt. Gen. Dennis Larsen, plants flowers in front of the general's house.

AETC Enlisted Aide Training

Orientation Training

One-week course taught at Randolph AFB
Attendees learn the basics of how to be an enlisted aide, including the 10 service standards:

- Administrative duties
- Culinary
- Housekeeping
- Housing maintenance
- Property and grounds maintenance
- Security
- Entertainment
- General officer TDY
- Clothing and uniform care
- Guest care

Food Service Specialties Course

Two-week course taught at Randolph AFB
Attendees learn the ins and outs of culinary arts including:

- Culinary skills for preparing 7-course meals
- Sanitation and safety
- Nutrition
- Table set-up and service
- Protocol
- Basic bar setup and mixology skills
- Menu planning

Advanced Culinary Skills Training Course

Four-week course taught at Fort Lee, N.J.
Trains select food service personnel in advanced culinary techniques employing the train-the-trainer concept. Provides advanced techniques and skills required for menu planning, advanced gourmet food preparation and production, menu evaluation and meal service.

Household Management Certification Program

Four-week course taught at Starkey International Institute in Denver, Colo.
Covers similar topics taught in orientation training but on an advanced level.